



CAMHS LOW INTENSITY SERVICE

PROVIDED BY CHILDREN'S WELLBEING PRACTITIONERS

WHAT DOES OUR SERVICE OFFER?

Our Children's Wellbeing Practitioners (CWP's) role is to assess and support children and young people and their parents. We offer low intensity evidenced-based CBT interventions to children aged 6-18 years who are displaying mild symptoms of common mental health problems listed in the inclusion criteria below.

These interventions include guided self-help, therapeutic activities and psychoeducation. We offer up to 8 sessions which can be delivered face to face, via telephone or other virtual platforms.



WE SUPPORT YOUNG PEOPLE WHO ARE SHOWING SYMPTOMS OF:

- Low mood
- Anxiety presentations
- Panic symptoms (where the young person does not fulfil the criteria for panic disorder)
- Sleep difficulties as a symptom of low mood or anxiety
- Mild or early onset of obsessive-compulsive disorders
- Phobias (except for vomit, blood or needle phobias)

WE CANNOT SUPPORT YOUNG PEOPLE WHO HAVE:

- Clinical depression
- Acts of self-harm assessed as moderate, high risk or pervasive
- Complex phobias such as needles, vomit or blood
- Complex and enduring self-esteem difficulties, anger management or conduct disorder
- Moderate to severe anxiety or severe OCD
- Historic or current experiences of abuse or violence
- Pain management concerns
- PTSD, trauma or nightmares

Please note complexity/co-morbidities may require a more specialist level of intervention and we do not assess or diagnose neurodevelopmental concerns.

HOW TO REFER TO US:

We take referrals directly from GPs within Leicester City. We aim to extend this to the county in the future. If the young person is suitable, a referral can be made on System 1 via PRISM to 'Low Intensity Service'. This referral will then be screened by the **Primary Mental Health Team** and if suitable will be allocated to a CWP for an assessment and offered up to 8 sessions of CBT based intervention.



If you are working with or supporting a young person who is currently experiencing the difficulties above, please encourage them to contact their GP for a referral.

[Click here](#) to learn more information about our service or scan the barcode on the left!